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 **ONE Hundred
Meatless Dishes**



ALICE G. SCHIRMER



Class TX 837

Book 531

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A Non-Carnivorous Mother and Child

From the painting by Edwin Douglas





One Hundred
MEATLESS DISHES

ALICE G. SCHIRMER

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PREFACE

This small book is not intended in any way to be a general cook-book. It is published with the hope of assisting those who have adopted, or who are working toward adopting, a meatless diet. The recipes are, with a few exceptions, not original, but have been taken from several different cook-books, magazines, and newspaper articles; tested and in many cases slightly changed.

Most of the recipes have all, and many, more than a meat value. Those which can be properly substituted for meat are as follows:—some of the soups, all of the nut recipes, the lentil recipes, the bean recipes, many of the vegetable recipes, and all the egg recipes. So surely no one can make the usual remark—“How can you find enough variety without meat?” The only difficulty one finds is, in choosing from the long list offered by nuts, grains, legumes, cheese and eggs.

The following is a very short outline of the different kinds, or classes of foods—and this at least, should be understood by every woman, before she can plan intelligently the day's menu.

Foods are divided into five classes:—proteids, carbohydrates, hydrocarbons, mineral

salts, and water. The chief function of proteids is to build and repair tissues, and they alone can accomplish this. Proteids differ from the other classes of foods in that they contain nitrogen, without which life cannot be sustained. The principal articles of food from which the non-flesh eater can obtain proteids are eggs, milk, cheese, nuts, cereals, peas, beans and lentils.

Carbohydrates, or starches and sugars, furnish heat and energy. Starches can be found in cereals, potatoes, sago, tapioca, rice and macaroni, and sugars in foods such as cane sugar, maple sugar, honey, beets, sweet potatoes.

The hydrocarbons, or fats and oils, also furnish heat and energy, and also fat.

Anyone who contemplates giving up meat should study and understand these classes of foods and know in what articles of food proteids can be found. Thus, in any meal where one would ordinarily have meat or fish, there should be a dish in which either eggs, cheese, nuts, peas, beans or lentils is found. To illustrate, if a meal should be prepared the main course of which were to consist of potatoes, beets, and squash there would be no proteid, or proper meat substitute, and anyone would be justified in complaining of a "gone feeling," or of a "craving for meat" an hour or so afterwards.

Apart from the humanitarian standpoint, and apart from the hygienic standpoint,

which cannot be reasonably contested, it is well known that meatless dishes with the same, and often higher food value than meat do not contain the injurious waste products found in all meats.

The economic aspect is one which must also be taken into consideration in these days of high prices, and there can be no question but that a properly chosen meatless diet, while having an equal nutritive value, is decidedly less expensive.

One common objection to eliminating meat from the diet is that it lowers the amount of protein in the food. Formerly an ordinary person was supposed to require 120 grams of protein in order to maintain good health and to sustain ordinary activity. Recent investigation however, has proved that the amount of protein taken into the body can be reduced to 40 grams with no injurious results and now eminent authorities universally agree that among civilized peoples the protein intake has been too excessive.

An objection to using nuts in the diet is often heard, viz:—that certain people can never eat nuts, finding they often disagree with them. It is safe to say that these people have eaten them raw and either during or after a hearty meal. Now, as can readily be seen by anyone who cares to study into food values, nuts are sufficiently nutritious to take the place of meat; therefore when they are eaten with meat and

probably not thoroughly masticated, it is not strange that they cause discomfort and indigestion.

The following is quoted from "Starving America," by Alfred McCann:

"For every pound of beef consumed by man, ten pounds of corn are necessary to produce that pound of beef. A pound of beef will support one man for a given length of time, but the quantity of corn necessary to make the pound of beef would support more than ten men for the same length of time.

"When we eat the flesh of the animal we eat the end-products of the animal's life processes, urea, uric acid, etc., when we eat the grains and legumes, the nitrogen supply is just as great, even greater, and without the urea."

NOTE—The reader might infer that this book was written in the interests of certain manufactured products which are used in several recipes. This is not so, for they enter into so many recipes only for the reason that the writer considers them a very desirable adjunct to meatless dishes.

“ Then, craving leave, he* spake
 Of life, which all can take but none can
 give,
 Life, which all creatures love and strive
 to keep,
 Wonderful, dear, and pleasant unto each,
 Even to the meanest; yea, a boon to all
 Where pity is, for pity makes the world
 Soft to the weak and noble for the strong.
 Unto the dumb lips of his flock he lent
 Sad pleading words, showing how man,
 who prays
 For mercy to the gods, is merciless.

* * * *

While still our Lord* went on, teaching
 how fair
 This carth were if all living things be
 linked
 In friendliness and common use of foods,
 Bloodless and pure; the golden grain,
 bright fruits,
 Sweet herbs which grow for all, the
 waters wan,
 Sufficient drinks and meats.

* * * *

And through the land next day passed a
 decree:

* * * *

*Buddha.

*' Thus the King's will is:—
There hath been slaughter for the sacrifice
And slaying for the meat, but henceforth
none
Shall spill the blood of life nor taste of
flesh,
Seeing that knowledge grows, and life is
one,
And mercy cometh to the merciful.' "*

*—From the Light of Asia
by Sir Edwin Arnold.*

SOUPS

Any one of the four following soups is sufficiently nutritious to serve as a main course. Corn cake goes well with them.

DRIED GREEN PEA SOUP

1 cup dried green peas	2 tbsp. butter
$\frac{1}{3}$ cup chopped celery	salt and pepper to taste

Wash and soak peas over night. Cook slowly, well covered with water, until tender, adding more water if necessary. Add celery during last hour. Add butter and seasoning just before serving. Soup should be thick when done. It may be strained, if desired, but is very good with the whole peas in it.

LENTIL SOUP

1 cup lentils	1 bay leaf
3 stalks celery	$\frac{1}{8}$ tsp. mace
1 onion	$\frac{1}{2}$ cup cream
1 cup milk	2 tbsp butter
6 cups water	2 tbsp flour
4 sprigs parsley	1 tsp Vegex

Wash and soak lentils over night. Drain and put in saucepan with the water, bring to boiling point and skim well; then add parsley, mace, bay leaf, diced celery, chopped onion, and simmer till lentils are thoroughly cooked. Melt butter in saucepan, add flour and stir till smooth, add milk and Vegex and cook till smooth and thick.

Press lentils through sieve and add to milk, season with salt and pepper, add cream just before serving.

SPLIT PEA SOUP

1 cup dried split peas	1 tsp. salt
2½ qts. cold water	⅛ tsp. pepper
½ onion	3 tbsp. butter
1 pint milk	2 tbsp. flour
2 level tsp. Vegex	

Wash and soak peas over night. Drain, add cold water and onion. Cook slowly until soft. Add butter and flour cooked together and diluted with a little soup, salt and pepper.

BLACK BEAN SOUP

1 pint black beans	¼ tsp. mustard
2 qts. cold water	⅛ tsp. paprika
1 small onion	3 tbsp. butter
2 stalks celery, or	1½ tbsp. flour
¼ tsp. celery salt	2 hard-boiled eggs
½ tbsp. salt	1 lemon

Wash and soak beans over night. Drain, and add cold water, onion and celery stalks,

broken in pieces. Cook slowly till soft, adding water as necessary. Rub thro sieve, add salt, paprika and mustard mixed. Bind with butter and flour cooked together. Cut eggs and lemon in thin slices, put in tureen and pour soup over them.

PEA AND TOMATO SOUP

$\frac{1}{2}$ can peas	1 slice onion
2 cups tomatoes	1 bay leaf
2 cups hot water	10 peppercorns
Salt	3 tbsp. butter
Pepper	3 tbsp. flour
$\frac{1}{4}$ tsp. soda	

Cook together peas, tomatoes, and water. Add onion, bay leaf and peppercorns, cook 20 minutes.

Rub thro sieve, and bind with butter and flour cooked together. Add salt, pepper and soda.

VEGETABLE SOUP

1 carrot	2 tbsp. peanut oil
1 turnip	1 onion
3 or 4 stalks celery	1 tsp. salt
4 tbsp. rice	1 saltsp. pepper
1 cup canned or	2 quarts water
cooked peas	2 tsp. Vegex

Scrape carrot, peel turnip and cut both into dice. Cut celery into small pieces. Put oil in soup kettle; when hot, add carrot, turnip, onion sliced, and celery. Shake until brown. Add water and Vegex and cook slowly 30

minutes. Add peas, rice, salt and pepper. Cook 15 minutes and serve.

VEGEX CONSOMMÉ

Make consommé in proportion of $\frac{1}{2}$ tsp. Vegex to 1 cup boiling water. This may be varied by cooking a bay leaf in the soup, by serving barley, peas, or rice in the soup, and by putting a tbsp. of whipped cream on the soup. Also by adding water in which vegetables have been cooked.

CORN SOUP WITH WHIPPED CREAM

1 can corn (or 6 ears)	1 cup milk
1 qt. water	1 slice onion
3 tbsp. flour	1 cup whipped cream
2 tbsp. butter	$1\frac{1}{2}$ tsp. salt and
1 tsp. Vegex	$\frac{1}{8}$ tsp. pepper

Cook corn, onion and water together 30 minutes. Melt butter, add flour, stir till well blended, add milk gradually, Vegex and seasonings. Rub thro sieve, and before serving beat in a cup of whipped cream.

“ *A carnivorous animal is not an ideal animal, and never can be. The life of a carnivorous animal is a perpetual onslaught. Every meal is a murder. Eating is not the harmless activity it is to one who sits down to fruit and grains. The carnivore must kill somebody, or have somebody else do it for him, in order to eat. It cannot be otherwise. And an animal whose life is one unbroken succession of such necessities, whose stomach is the grave of hundreds and thousands and even tens of thousands of his fellow-beings, may be meritorious in other respects—may preach the Golden Rule, decry war, give money to missionaries, and rail at the rich, but so long as he continues to fill himself every few hours with the blood and vitals of others he is not only not an ideal animal, but has in reality no just claims on life.*”

—*The New Ethics by J. Howard Moore.*

NUT DISHES

NUT ROAST

1 cup nuts (walnuts, pine nuts, peanuts)	1 tsp. salt pepper
1 cup rice (boiled)	1 tbsp. butter
1 cup bread crumbs	1 tsp. Vegex
$\frac{1}{4}$ tsp. sage	1 slice onion
$\frac{1}{2}$ tsp. thyme	1 cup boiling water

Put nuts and bread crumbs thro vegetable grinder, mix, and add rice, sage, thyme, salt and pepper.

Cook onion with water, butter and Vegex until soft, remove onion and add liquid to other ingredients.

Mold and roast in oven. After 10 minutes baste with butter, Vegex, and water. Serve with brown gravy.

NUT LOAF

1 quart nut meats (walnuts, pine nuts, pea- nuts and almonds)	1 pint water 1 tbsp. salt 2 saltsps. pepper
1 quart bread crumbs	

Put nuts and bread crumbs thro vegetable grinder, mix, add seasoning and water, pack

into buttered 1 lb. baking powder tins and steam 3 hours. These can be kept some time. When ready to use, cut in slices, and broil or cook in oven. Serve with brown gravy or tomato sauce.

SUBSTITUTE TURKEY

1 pint mixed nuts	2 raw eggs
1 pint bread crumbs	1 tbsp. grated onion
1 pint boiled rice	1 tbsp. salt
3 hard boiled eggs	2 tbsp. butter
Water	2 tsp. Vegex

Mix nuts, bread crumbs, rice, then hard-boiled eggs, chopped. When well mixed, add raw eggs, slightly beaten, onion and salt. Melt butter and Vegex and add with enough hot water to make turkey of right consistency. A layer of stuffing can be put in the turkey if desired. Mold and put in large buttered pan and roast 1 hour. After first 15 minutes baste with butter, Vegex and water. Make brown gravy in pan. Serve with cranberry sauce.

PECAN CAKES

1 cup pecan meats	1 egg
1 cup cooked farina, or cream of wheat	$\frac{1}{2}$ tsp. salt 1 tsp. sage, pepper

Put nuts thro chopper, add cereal, seasoning, and egg, beaten. Add enough milk or water to make of right consistency. Make

into round cakes, place in pan and bake 20 minutes in quick oven.

Serve on hot plate with white or tomato sauce.

PINE NUT CAKES

1 cup pine nuts	1 tsp. sage
1 cup bread crumbs	1 saltsp. celery seed
1 egg	or celery salt
milk	1 saltsp. salt

Put nuts thro grinder, mix with bread crumbs, seasoning, and egg, beaten. Add enough milk to make consistency as soft as can be molded. Make into round cakes and bake or fry.

Serve with brown sauce.

NUT HASH

Chop left-over nut roast, and mix with equal quantity of cold chopped potatoes.

Melt 2 tbsp. butter in saucepan, add 1 tsp. Vegex and add hash. When well browned on bottom, turn out on hot plate.

SUBSTITUTE FISH

1 cup pecan meats	$\frac{1}{2}$ cup bread crumbs
$\frac{1}{2}$ cup black walnuts	2 hard boiled eggs
2 cups cold boiled hominy	1 tbsp. chopped parsley
	1 egg
1 tbsp. grated onion	salt and pepper

Put nuts thro grinder, add hominy, bread crumbs, hard boiled eggs, chopped parsley,

onion, seasoning and beaten egg. Mold desired shape and roast in oven $\frac{1}{2}$ hour. Decorate with lemon slices and serve with Hollandaise Sauce.

PECAN NUT LOAF

1 cup hot boiled rice	1 egg
1 cup pecan nut meats (chopped)	1 cup milk $\frac{1}{2}$ tsp. salt
1 cup cracker crumbs	$\frac{1}{4}$ tsp. pepper
1 tbsp. melted butter	

Mix rice, nut meats, and cracker crumbs, add egg well beaten, milk, salt and pepper. Turn into small buttered pan, and pour butter over it and bake in moderate oven. Turn on hot platter and serve with white or brown sauce.

NUT CROQUETTES. I.

1 cup walnuts	1 tsp. onion juice
2 cups mashed pota- toes	1 tbsp. chopped pars- ley
yolks of two eggs	1 saltsp. pepper
1 tsp. salt	$\frac{1}{4}$ nutmeg grated

Chop nuts, add potato, yolks of eggs, and seasonings. Form into croquettes. Roll in egg and bread crumbs, fry in deep Crisco. Serve with brown mushroom sauce and peas.

NUT CROQUETTES. II.

5 tbsp. fine bread crumbs	1 cup milk
5 tbsp. ground nuts	1 tbsp. butter
1 tsp. chopped onion	salt and pepper

Boil milk, butter and crumbs until mixture no longer sticks to saucepan. Cool, add seasonings and onion. Roll in egg and crumbs. Fry in deep fat (Crisco). Serve with tomato sauce.

SWEET POTATO AND NUT CROQUETTES

6 large sweet potatoes	1 egg
1 tsp. salt	$\frac{1}{4}$ cup blanched and
2 tbsp. butter	chopped almonds
1 tsp. Vegex	a little hot cream

Bake the potatoes, and when tender scoop out pulp and force it thro a ricer. Put 2 cups riced potatoes in a bowl, add Vegex, salt, nuts, butter, and egg well beaten and enough hot cream to make of right consistency to form into croquettes. Roll in egg and bread crumbs and fry in deep fat. Drain and serve with white sauce.

VEGETARIAN LOAF

1 cup walnuts chopped	2 tsp. salt
1 cup mashed potatoes	1 small chopped on-
1 cup cooked sieved	ion
lentils	1 tsp. sage
1 cup whole wheat	1 tbsp. chopped pars-
flour	ley
2 eggs	2 tbsp. butter
1 good tsp. Vegex	

Mix first four ingredients. Add salt, onion, sage and parsley, then eggs, beaten. Mix butter and dissolve Vegex in it. Add to mixture. Put in buttered pan, steam 1 hour.

Let cool and form in desired shape in buttered roasting pan. Bake till well browned. Serve with brown gravy made in pan.

NUT AND CHEESE ROAST

1 cup grated cheese	1 tbsp. butter
1 cup chopped English walnuts	juice of $\frac{1}{2}$ lemon
	salt and pepper
1 cup bread crumbs	$\frac{3}{4}$ cup water
2 tbsp. chopped onion	

Cook onion in butter and water until tender. Add other ingredients. Pour into a shallow baking dish and brown in oven.

CHESTNUT PUREE

Remove shells from chestnuts, cook until soft in boiling salted water; drain, mash, moisten with hot milk, season with salt and pepper and beat until light. Add 1 tbsp. butter if desired.

NUT SOUFFLÉ—TOMATO SAUCE

1 tbsp. butter	few grains pepper
$\frac{1}{2}$ tbsp. flour	few drops onion juice
1 cup milk	1 cup cold nut roast
$\frac{1}{4}$ cup soft stale bread crumbs	chopped
	yolks 2 eggs
$\frac{1}{2}$ tsp. salt	whites 2 eggs
$\frac{1}{4}$ tsp. celery salt	tomato sauce

Melt butter, add flour, stir till well blended, pour on milk gradually, while stirring constantly. Bring to boiling point, add bread crumbs and seasoning. Remove from stove and add nut roast, yolks and whites of eggs.

BARLEY ROAST

2 cups cold boiled barley	1 onion
$\frac{1}{2}$ cup flour	1 cup ground nuts
2 tbsp. butter	1 cup cracker crumbs
hot water	salt and pepper
	1 tsp. Vegex

Mix barley, flour and butter melted with enough hot water to form a paste. Cook onion in butter with Vegex. Add to first mixture with nuts and cracker crumbs, and seasonings. Form into a loaf and bake $\frac{1}{2}$ hour, basting with butter, hot water and Vegex. This may also be formed into sausage cakes and fried.

MUSHROOM LOAF

1 slice onion	$\frac{1}{2}$ cup tomatoes
2 tbsp. butter	$\frac{1}{2}$ cup ground nuts
$\frac{1}{4}$ cup dried mushrooms	1 cup dried bread crumbs
salt and pepper	

Cook onion in butter with mushrooms which have been soaked in cold water. Cut mushrooms in small pieces. Add tomatoes, nuts, bread crumbs and seasonings. Mix thoroly and add enough water to form into a loaf. Bake till brown, basting with butter, hot water and Vegex.

“ Does it not shame you to mingle blood and murder with nature’s beneficent fruits? Other carnivora you call savage and ferocious, — lions, tigers, and serpents, while yourselves come behind them in no species of barbarity. And yet for them murder is the only means of sustenance, whereas to you it is a superfluous luxury and crime.”

—Plutarch.

LEGUMES

LENTIL ROAST

1 cup cooked lentils	1 tbsp. butter
1 cup boiled rice	1 tbsp. Vegex
1 cup bread crumbs	2 slices onion

pepper and salt

Put lentils thro grinder or thro sieve, if preferred, add rice and crumbs. Cook butter, onion, and Vegex together and add with enough water or milk to make right consistency. Put in buttered dish and bake in moderate oven.

Serve with brown mushroom sauce.
(p. 30.)

This may be made into croquettes.

CURRIED LENTILS AND RICE

Soak lentils over night, cook till tender. Drain (saving stock for soup). Place in dish and pour over them a curry sauce. (p. 31.)

Serve with border of boiled rice.

LENTIL STEW

Soak 1 cup lentils over night. Cook until tender. During last hour of cooking add $\frac{1}{2}$ cup each of carrots and potatoes cut in dice, also 1 onion. Thicken with 1 tbsp. butter

and 1 tbsp. flour rubbed together, add 1 tsp. Vegex. Season with salt and pepper.

Serve with or without dumplings.

SAVORY LENTILS AND RICE

1 cup lentils	1 tbsp. minced celery
2 cups boiled rice	(or $\frac{1}{4}$ tsp. celery
1 tbsp. minced onion	salt)
1 cup stewed tomatoes	sprinkle of sage

Prepare lentils as above, and cook till tender. Cook onion and celery in 1 tbsp. butter, then add drained lentils, salt to taste, add rice, tomatoes and sage. Let it boil up well, and serve with a sprinkling of parsley on top.

LENTIL AND RICE PATTIES

$1\frac{1}{2}$ cups boiled rice	$\frac{1}{4}$ cup cream
1 cup lentil puree	salt and sage to taste
1 egg	

Mix all ingredients and form into small cakes. Lay in greased pan, brush over with milk and bake on top grate of a hot oven until a light brown.

Serve with tomato or cream sauce. (p. 31.)

LENTIL PIE

2 cups boiled lentils	2 hard boiled eggs
1 cup brown sauce	1 tbsp. butter
salt and pepper	1 slice onion

Put butter in sauce pan, and fry onion in it. Remove onion, add lentils and brown sauce, and eggs cut in small pieces. Pour

into buttered baking-dish, sprinkle with pepper and salt, cover with biscuit crust, and bake in oven until brown.

BISCUIT CRUST

Mix and sift 3 cups bread or whole wheat flour, or $1\frac{1}{2}$ cups each of white and whole wheat flour, 2 tbsp. baking powder, and $1\frac{1}{2}$ tsp. salt. Work in 3 tbsp. each butter and Crisco, using the tips of the fingers; then add $1\frac{1}{4}$ cups milk.

EGYPTIAN LENTILS

Egyptian lentils resemble split peas in appearance, but are smaller and much redder in color. They are hard to procure at present, but deserve to be more widely known and used, as their food value is high. Their flavor is more delicate than that of the German lentils.

Cook 1 cup lentils slowly in boiling water to cover. As a rule 45 minutes is enough time to allow for cooking. Season with salt, pepper, and butter. Stir well before serving.

LENTIL CUTLETS

1 cup lentils	1 can tomatoes
1 egg	10 English walnuts
1 onion	1 cup bread crumbs
1 level tsp. Vegex	$\frac{1}{2}$ tsp. salt

Soak lentils over night. Boil until tender and strain. What is strained should be smooth and thick. Add egg well beaten,

onion minced fine, the thick part of can of tomatoes, walnuts cut into small pieces, salt, and enough bread crumbs to make a stiff mixture. Shape into cutlets, roll in egg and crumbs, and fry in deep fat. Garnish with parsley and serve with tomato sauce made from liquid part of the can of tomatoes.

LIMA BEAN ROAST

Soak two cups Lima beans over night. Cook until tender. Force thro coarse sieve or grinder. Form a layer 1 inch thick and round or oval in shape in roasting pan. On that put thick layer of chicken stuffing. Place remainder of strained beans on top. Roast in oven. After 10 minutes baste with butter, Vegex, and water.

Serve with brown gravy made in pan, or brown mushroom sauce. Tart jelly or cranberry sauce make a good accompaniment.

MOCK SAUSAGES

Soak 1 cup Lima beans over night. Drain and cook until tender. Force thro sieve. There should be $1\frac{1}{2}$ cups of pulp. Add $\frac{2}{3}$ cup fine bread crumbs, 3 tbsp. heavy cream or butter, few grains pepper, $\frac{1}{2}$ tbsp. salt, 1 tsp. sage, 1 egg beaten slightly. Shape in sausage form, roll in egg and crumbs, and fry in deep fat. Serve inside circle of fried apple rings. This recipe should make thirteen sausages.

CURRY OF KIDNEY BEANS

1 pint kidney beans	1 onion
2 tbsp. butter or oil	1 pint strained toma-
2 tbsp. flour	toes
1 tbsp. butter	1 tsp. salt
1 tsp. curry powder	Boiled Rice

Wash and soak beans over night. Cook until tender. Put butter or oil in a saucepan, add onion chopped, cook till soft, add curry powder and flour mixed, add strained tomatoes, salt, and when boiling add beans and cook slowly 15 minutes.

Serve in a border of boiled rice.

Serve with fried bananas or chutney.

BOSTON ROAST

2 cups cooked kidney	2 slices onion
beans	2 tbsp. butter
$\frac{1}{2}$ lb. grated cheese	1 tsp. Vegex
bread crumbs	$\frac{1}{2}$ cup water

Cook onion in butter, water and Vegex. Remove onion, add beans strained or put thro vegetable grinder, add cheese and enough breadcrumbs to form into a roll. Roast in oven, basting with butter, Vegex, and water.

“No, experience will teach you that if you do away with flesh-eating and get in its place the other valuable foods, the time will come when you will care less and less for it; then again, the time will come when you have no desire for it, and finally, you will grow positively to dislike it and its effects, and nothing could induce you to return to the flesh pots.”

—Ralph Waldo Trine.

SAUCES

WHITE SAUCE

2 tbsp. butter 1 cup milk
2 tbsp. flour $\frac{1}{4}$ tsp. salt
Few grains pepper

Melt butter in saucepan, add flour and seasonings, and stir until thoroughly blended, Pour on milk gradually, stirring until thick and smooth.

BROWN SAUCE

Make same as above, adding Vegex, until sauce is dark brown.

BROWN GRAVY

After a nut roast, or any other roast is done, remove it from the pan, place pan on top of stove, add required amount of hot water, and thickening made of flour and water. Stir till smooth and thick, and add Vegex until dark brown.

BROWN MUSHROOM SAUCE

2 tbsp. butter 1 cup hot water
1 slice onion $\frac{1}{2}$ tbsp. lemon juice
2 tbsp. flour $\frac{1}{3}$ cup dried mushrooms
salt and pepper Vegex

Soak mushrooms two hours or more. Melt butter in saucepan, add onion and mushrooms, and water, and cook several minutes. Remove onion, cut mushrooms in small pieces, add flour dissolved in cold water, stirring until thick, then add lemon juice. Cook while stirring till thick and smooth. Add Vegex until dark brown.

TOMATO SAUCE

$\frac{1}{2}$ can tomatoes	2 tbsp. butter
1 slice onion	2 tbsp. flour
1 bay leaf	$\frac{1}{4}$ tsp. salt
6 peppercorns	$\frac{1}{8}$ tsp. pepper

Cook tomatoes, onions, bay leaf and peppercorns together 15 minutes. Rub butter and flour together, add salt and pepper. Add a little tomato and mix, then put all together and cook until thick. Then strain into bowl.

RELISH FOR COLD ROASTS

5 tbsp. oil	1 hard boiled egg chopped
4 tbsp. vinegar	fine
1 dozen stuffed olives	
	salt and paprika to taste

Mayonnaise dressing may be used instead of oil and vinegar.

CURRY SAUCE

1 cup water	2 tbsp. butter
1 cup milk	2 tbsp. flour
1 slice onion	2 tsp. curry powder
	1 tsp. Vegex

Melt butter in saucepan, cook onion until brown. Remove onion, add flour and curry powder, stir till smooth, add milk gradually. When smooth add cup of hot water and Vegex dissolved in it. Sauce should be consistency of rich cream.

“It is well to write and legislate, and pray for better and kinder treatment of these frightened, thirsty-maddened, tortured creatures on their journey to our tables, but the surest, quickest way to help (and this can be done even while continuing to work for the alleviation of their sufferings) is to stop feeding upon them.”

*—Maud R. L. Sharp.
President of Millenium Guild.*

MACARONI AND RICE DISHES

MACARONI MOLD

Break 1 cup macaroni in small pieces ; boil until tender, and drain. Put 1 cup bread crumbs in bowl, add 1 cup boiling water, soak 5 minutes. Add macaroni, 4 tbsp. chopped nut meats, 1 tbsp. chopped parsley, 1 saltspoon herbs, 1 chopped onion, 2 tbsp. melted butter, 2 beaten eggs, salt and pepper. Turn into buttered tin with cover, and steam for one hour.

SPAGHETTI WITH TOMATO SAUCE

$\frac{1}{4}$ lb. spaghetti	$\frac{1}{2}$ can tomatoes
2 tbsp. butter	$\frac{1}{2}$ tsp. salt
2 slices onion	$\frac{1}{8}$ tsp. paprika
$\frac{1}{4}$ cup dried mushrooms	grated cheese

Put spaghetti in boiling salted water and boil till tender. Cook onion in butter, and add mushrooms which have been soaked 2 hours in cold water. Cook until tender, cut in small pieces. Add tomatoes and cook slowly $2\frac{1}{2}$ hours. Add seasonings.

Put spaghetti on platter, pour sauce over it, and sprinkle with grated cheese. Serve extra cheese in small bowl.

MACARONI AND MUSHROOMS

$\frac{1}{2}$ lb. macaroni	4 tbsp. butter
3 tbsp. grated cheese	1 cup brown sauce
$\frac{1}{2}$ cup dried mushrooms	salt and pepper to
1 tsp. Vegex	taste
1 tbsp. chopped parsley	

Boil macaroni in boiling salted water 20 minutes, drain well, add 2 tbsp. butter, salt and pepper and cheese. Soak mushrooms in cold water 2 hours or more, melt remaining butter in saucepan, add mushrooms and sauté them a few minutes, then add sauce and Vegex. Cook 10 minutes.

Put macaroni in hot dish as a border, turn mushrooms into centre, sprinkle with parsley and serve.

RICE

Natural brown rice has been robbed of none of the nutritious elements, and can be obtained by any reliable grocer.

BAKED RICE

$\frac{3}{4}$ cup brown rice	1 cup tomato sauce
2 tbsp. butter	$\frac{1}{2}$ cup grated cheese

Add rice slowly to 2 quarts boiling water and 1 tbsp. salt. Boil till soft, drain and let stand in kettle in which it was cooked till kernels are distinct.

Heat frying pan till hot, add butter and cook rice until it is slightly browned. Put

in hot serving dish, pour over it tomato sauce and sprinkle with cheese.

RICE, MUSHROOMS AND EGGS

4 hard boiled eggs $\frac{1}{2}$ cup dried mushrooms
 1 cup white sauce rice (brown)
 2 tbsp. butter

Boil rice as in previous recipe. Soak mushrooms in cold water several hours. Drain and sauté them in butter a few minutes. Cut them up fine and mix them with rice. Cut eggs in slices and add them to white sauce. Make border of rice and mushrooms and put eggs and white sauce in the centre.

RICE AND TOMATO CROQUETTES

$\frac{1}{2}$ cup brown rice	2 cloves
$\frac{3}{4}$ cup stock (Vegex and water)	$\frac{1}{4}$ tsp. peppercorns
$\frac{1}{2}$ can tomatoes	1 egg
1 slice onion	$\frac{1}{4}$ cup grated cheese
1 slice carrot	1 tbsp. butter
1 sprig parsley	$\frac{1}{2}$ tsp. salt
	$\frac{1}{8}$ tsp. paprika

Steam rice in stock until stock has been absorbed, then add tomatoes which have cooked 20 minutes with onion, carrot, parsley, cloves and peppercorns, and have been rubbed thro a sieve.

Remove from fire, add egg slightly beaten, cheese, salt and paprika. Cool, form into

croquettes, dip in egg and crumbs, and fry in deep fat.

SAVORY RICE

2 tbsp. butter 3 tbsp. grated cheese
6 tbsp. boiled rice 2 hard boiled eggs
4 tbsp. cooked carrots milk

Melt butter, add rice, chopped carrots, cheese, and eggs chopped. Moisten with milk and season somewhat highly. Arrange on a dish, and brown in a hot oven.

MOCK FISH CAKES

Take equal parts rice and potatoes (cooked rice and mashed potatoes), add a good sized piece of butter, pepper and plenty of salt, and 1 egg well beaten. Make into small flat, round cakes and fry in Crisco in spider.

WILD RICE

Wash wild rice in a sieve, 1 cupful. Cover well with cold water and boil steadily 20 minutes. Set on back of stove to dry. Add 1 tbsp. melted butter and 1 tsp. Vegex. Stir in carefully with a fork, being careful to keep the grains whole. This is a very nourishing and palatable dish.

MUSHROOMS AND WILD RICE

Wash and peel 1 lb. of fresh mushrooms, cook them in 2 tbsp. butter. Add $\frac{1}{2}$ tsp. salt, 1 saltspoon pepper. Dissolve 1 tbsp.

flour in a little cream, fill the cup with cream, and add to mushrooms. Stir, cover, and let cook 10 minutes slowly.

Wash $\frac{1}{2}$ cup wild rice, cover with cold water, add a little salt, and cook 20 minutes. Set on back of stove to dry. Do not stir and every kernel will be distinct. Just before serving, add 1 tsp. Vegex. Make a border of rice on a hot dish, and heap mushrooms in center.

“Some say if animals are not used for food they will overrun the earth. In India the Hindus do not kill cows, but they are not overrun with them. The Hindus did not have any slaughter houses until the British Government established them. In the states that are still governed by the Hindu Rajahs, the wild animals and birds are protected by strict laws. But these states are not overrun by wild animals, nor are the inhabitants driven out by them.”

*—From “Every Living Creature,”
by Ralph Waldo Trine.*

VEGETABLES

BAKED BEANS

In baking beans, 1 tbsp. olive oil or peanut oil may be used instead of pork. The other ingredients are as usual, except that more salt is needed.

BAKED PEAS

Soak dried green peas over night. In morning parboil and put in bean pot. Mix mustard, salt, pepper, molasses and water as for baked beans. Put a small onion, slice of carrot and sprig of parsley in a small bag, place bag on top of peas, and bake all day. Remove bag before serving.

BAKED EGG AND POTATO

Mashed potato	1 cup brown sauce
2 hard boiled eggs	(well seasoned)

Put a layer of mashed potato in buttered baking dish, then eggs cut in medium sized pieces and mixed with brown sauce, then layer of mashed potatoes. Brush top over with melted butter and bake in oven till brown.

CORN SOUFFLÉ

1 can corn	1 cup milk
1 tbsp. butter	1 $\frac{1}{4}$ tsp. salt
2 tbsp flour	2 eggs

Melt butter, add flour, and gradually milk, bring to boiling point, add corn, seasonings, yolks of eggs, beaten until thick, and whites of eggs beaten stiff and dry. Turn into a buttered dish, and bake in moderate oven 25 or 30 minutes.

CORN AND TOMATO STEW

1 can tomatoes	1 onion
1 can corn	4 hard-boiled eggs
1 cup chopped celery	3 tbsp. flour
3 tbsp. butter	1 tsp. salt
1 saltspoon black pepper	

Put tomatoes, corn, celery and onion in saucepan and simmer $\frac{1}{2}$ hour. Rub butter and flour together, add a little of hot chowder, stir and add this to ingredients in saucepan. Stir till smooth and boiling. Add salt and pepper. Slice eggs and put them in hot dish, pour in stew and serve with hot, crisp croutons. This should be served as main course : good with corn cake.

BAKED SAVORY KORNLET

4 tbsp. butter	1 $\frac{1}{2}$ cups milk
$\frac{1}{2}$ cup flour	1 can Kornlet
1 $\frac{1}{2}$ tsp. salt	1 egg
$\frac{3}{4}$ tsp. mustard	3 tsp. Worcestershire
$\frac{1}{4}$ tsp. paprika	Sauce
1 cup bread cubes	

Melt butter, add flour mixed with salt, mustard and paprika. Stir till well blended, then pour milk on gradually while stirring. Bring to boiling point and add Kornlet, egg slightly beaten and Worcestershire Sauce. Spread $\frac{1}{4}$ inch slices of stale bread with butter and cut in cubes. Pour mixture in baking dish, cover with cubes and bake.

KORNLET SOUFFLÉ

$\frac{1}{2}$ can Kornlet	1 tbsp. milk
2 eggs beaten separately	$\frac{1}{2}$ tsp. grated onion salt and pepper
1 tbsp. butter (large)	

Beat egg yolks, add Kornlet and milk, melted butter, onion and seasonings, beaten whites of eggs last. Turn into buttered baking dish and bake in moderate oven. Serve at once.

CREAMED MUSHROOMS IN CASES

1 lb. mushrooms	a little pepper
5 tsp. butter	$1\frac{1}{2}$ tbsp. flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup thin cream

Wash mushrooms and cut stems and caps in slices. Melt butter, add mushrooms and cook till tender. Sprinkle with salt and pepper, dredge with flour, and pour over cream. Cook 5 minutes while stirring. Serve in patty cases.

MUSHROOMS AND EGGS

1 lb. mushrooms	$\frac{3}{4}$ cup cream
4 hard-boiled eggs	yolks of 2 eggs
5 tbsp. butter	2 tbsp. sherry wine
1 tbsp. flour	salt, paprika and nutmeg

Melt butter, add mushrooms prepared as above. Cook 8 minutes, add flour and cook 2 minutes longer. Season with salt, paprika and nutmeg, then cream. Add eggs chopped, and let stand till hot. Add egg-yolks slightly beaten and Sherry last.

This is good for the chafing dish.

CHEESE POTATOES

To 2 cups hot mashed potatoes, add $\frac{1}{2}$ cup grated cheese, 1 tbsp. grated onion, yolks of 2 eggs well beaten, salt and paprika to taste. Beat until creamy. Carefully fold in the beaten whites of 2 eggs, not too thoroughly. Turn into buttered baking dish and brown in oven.

POTATO, EGG AND RICE CROQUETTES

6 small potatoes	3 hard-boiled eggs
1 cup boiled rice	salt and paprika
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ tbsp. parsley
enough milk to handle	

Boil and mash potatoes, add rice, butter, hard boiled eggs cut coarse, seasonings and milk to handle. Form into croquettes, roll in egg and crumbs, and fry in deep fat.

FRIED POLENTA WITH TOMATO SAUCE

Make thick corn meal mush, turn into buttered tin and cool. Cut in slices, fry and serve with grated cheese and tomato sauce.

CABBAGE PIE

1 small cabbage	2 tbsp. butter
4 hard boiled eggs	2 tbsp. flour
salt and pepper to taste	1 cup milk
2 tsp. Vegex	biscuit crust

Boil cabbage in boiling salted water till tender, drain and cut into small pieces. Dice eggs, mix with cabbage, then add brown sauce made of butter, flour and milk and Vegex, then seasonings. Cover with biscuit crust made as follows: —

Mix and sift $1\frac{1}{2}$ cups bread flour, or whole wheat flour, 1 tbsp. baking powder, and $\frac{3}{4}$ tsp. salt.

Work in 3 tbsp. Crisco, using tips of fingers, then add $\frac{2}{3}$ cup milk (scant).

Bake pie in quick oven.

ASPARAGUS SHORTCAKE

Make a simple shortcake, split and spread with butter. Make a white sauce of 1 tbsp. butter, 1 tbsp. flour, 1 cup milk, and $\frac{1}{2}$ tsp. salt. Open can of asparagus, mix asparagus with cream sauce, and bring to boiling point. Spread on shortcake and serve on a hot dish.

VEGETABLE HASH

Melt 2 tbsp. butter in saucepan. Add a

rounded teaspoon Vegex and a little hot water. Add 1 onion, chopped, and cook till tender. Then add equal parts of cabbage, potato and carrot, and half the amount of beet. Cook slowly until brown on the under side. Fold as you would an omelet, and serve on a hot dish.

CURRY OF VEGETABLES WITH RICE

Make curry sauce (p. 31). Add equal parts of small Lima beans, peas, and button mushrooms. Serve this on boiled rice, which has been cooked so that each grain is distinct. Serve Indian Chutney with this.

BAKED EGG-PLANT IN SHELL

Cut egg-plant in halves. Scoop out inside and cook 10 minutes in boiling water. Cook two tbsp. finely chopped onion in 2 tbsp. oil, and cook 5 minutes. Add 3 tbsp. uncooked rice and cook 5 minutes; then add egg-plant which has been chopped, 1 cup tomato sauce, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. nutmeg. Bake 45 minutes in a buttered dish. Then add yolks of 2 eggs, slightly beaten, stuff egg-plant shells with mixture, cover with buttered crumbs and bake until crumbs are brown.

PEA TIMBALES

Drain and rinse 1 can peas, and rub through a sieve. To one cup pea pulp, add 2 beaten eggs, 2 tbsp. melted butter, $\frac{2}{3}$ tsp. salt, few grains pepper and paprika, and a

few drops of onion juice. Turn into buttered molds, set in pan of hot water and bake until firm.

Serve with tomato sauce,

MEXICAN RAREBIT

$\frac{1}{2}$ cup butter	2 eggs
1 lb. cheese	$\frac{2}{3}$ cup Kornlet
1 green pepper	$\frac{2}{3}$ cup tomatoes
$\frac{1}{2}$ tsp. salt	

Melt butter, cut pepper up fine, first removing seeds. Cook pepper in butter until soft, add cheese, stir until melted, then add tomatoes and Kornlet. Add beaten eggs last. Heat to boiling point, season with salt and paprika.

CREAMED ASPARAGUS IN BREAD BOATS

Cut crusts from a loaf of bread, and cut inside of loaf into slices about two inches thick. Scoop a piece out of each slice, and brush slices all over with melted butter, and brown in the oven. Heat asparagus tips in white sauce, and serve in bread boats.

VEGETABLE PIE I

$\frac{1}{2}$ cup dried mushrooms	$\frac{1}{3}$ cup peas
2 hard-boiled eggs	$\frac{1}{2}$ cup boiled rice
$\frac{1}{2}$ cup string beans or Limas	1 cup brown sauce biscuit crust

Soak mushrooms in cold water several hours, then cook in 2 tbsp. butter and water to cover. Remove mushrooms, cut in small

pieces, and add eggs cut up. Add beans, peas, and rice. Brown sauce can be made with butter and water in which mushrooms cooked. Put ingredients in deep buttered dish. Pour brown sauce over them; put biscuit crust on top and bake till crust is brown.

VEGETABLE PIE II

2 hard-boiled eggs	nut roast or nut cro-
$\frac{2}{3}$ cup string beans	quettes
$\frac{1}{2}$ cup potatoes	1 cup brown sauce
	dash of nutmeg
	biscuit crust

Cut the eggs, beans, potatoes, and nut roast in pieces. Add brown sauce and nutmeg. Put all in deep buttered dish, cover with biscuit crust, and bake till brown.

STUFFED PEPPERS

6 green peppers	$\frac{1}{2}$ onion
1 cup bread crumbs	brown sauce
2 tbsp. tomato	

Cook onion in butter, remove, and make brown sauce. Mix bread crumbs, tomato, and enough brown sauce to moisten.

Remove seeds from peppers, cutting off the small end. Parboil peppers in boiling water 15 minutes, then stuff them with mixture, set them in pan and brown in oven. Serve on toast, and pour brown gravy or tomato sauce around them.

“ It is impossible for one who has become aware of the sickening details of animal and fowl transportation and killing, to eat meat of any kind without an accusing conscience, which speaks in a still, small voice, asking if this means of sustenance is necessary for the maintenance of life and strength ”

—Ella Wheeler Wilcox.

EGGS

CURRIED EGGS AND RICE

6 hard-boiled eggs	2 tbsp. flour
1 cup boiled rice	1 tsp. curry powder
3 tbsp. butter	2 tsp. Vegex
1 onion	2 cups boiling water
1 apple	$\frac{1}{4}$ cup dried mushrooms

Cook chopped onion and apple and mushrooms (which have soaked several hours) in butter and water. Then add flour, curry powder and Vegex.

Cook and stir until thick, then strain, and return to saucepan. Add eggs cut in slices, and serve on or with border of rice. Serve with Chutney.

EGG CUTLETS

2 tbsp. butter	$\frac{3}{4}$ tsp. finely grated onion
5 tbsp. flour	1 tbsp. finely chopped parsley
1 cup scalded milk	few gratings of nutmeg
1 tsp. salt	8 hard-boiled eggs
$\frac{1}{2}$ tsp. paprika	

Rub butter and flour together. Pour on gradually milk, and bring to boiling point. Cook 5 minutes in double boiler. Cut eggs in coarse pieces, and add with remaining ingredients to sauce. Cool and form into cut-

lets. Dip in flour, egg and crumbs, and fry in deep fat.

Serve with tomato sauce.

STUFFED EGGS

Cut 4 hard-boiled eggs in halves crosswise, remove yolks, mash, and add 1 tsp. vinegar, $\frac{1}{4}$ tsp. mustard, salt, and cayenne to taste. Add enough melted butter to make of right consistency. Refill whites with mixture, cover with 1 cup White Sauce and reheat.

NUT OMELET

4 eggs	$\frac{1}{2}$ tsp. salt
4 tbsp. milk	$\frac{1}{8}$ tsp. pepper
$\frac{1}{2}$ cup ground nuts	2 tbsp. butter

Beat eggs slightly, enough to blend yolks and whites, add milk, nuts and seasonings. Melt butter in hot omelet pan, turn in mixture. As it cooks underneath, prick with fork, to let uncooked part run underneath. Brown underneath, fold, and turn on hot platter.

PLANKED EGGS

Moisten left-over nut roast with brown gravy, or sauce with which it was served, and spread on plank. Take 2 cupfuls of hot riced potatoes, add 2 tbsp. butter, $\frac{1}{2}$ tsp. salt, and yolks of 3 eggs beaten. Force potato through a pastry bag, and make a border and nests. Poach eggs and put them in nests. Brown in a quick oven and garnish with hot asparagus tips and pimentos.

BAKED CREAMED EGG AND POTATO

4 hard-boiled eggs	1 bay leaf
1½ cups milk	½ cup stewed tomatoes
2 tbsp. butter	1 tsp. Vegex
2 tbsp. flour	3 common crackers
Pinch of soda	

Scald milk (with bay leaf in it) add butter and flour, which have been rubbed together. Remove bay leaf, add tomatoes which have been stewed down to about half of original quantity and soda. Do not strain them. Add Vegex, and stir until it has dissolved. Add chopped hard-boiled eggs, and turn into buttered baking dish. Melt 2 tbsp. butter, add crackers, which have been ground or rolled into crumbs. Spread buttered cracker-crumbs over top of mixture, and brown in oven.

CHEESE FONDUE

1 cup scalded milk	1 tbsp. butter
1 cup soft stale bread crumbs	½ tsp. salt
¼ lb. mild cheese, cut in small pieces	yolks 3 eggs
	whites 3 eggs

Mix first five ingredients, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in buttered baking dish, and bake until firm in moderate oven.

Serve at once.

CHEESE SOUFFLÉ

1 tbsp. butter	2 tbsp. grated cheese
1 tbsp. flour	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup milk scalded	2 egg yolks
	2 egg whites

Rub butter and flour together. Add milk gradually, cook till smooth and thick, add cheese. Take from fire and add beaten yolks of eggs, then fold in whites beaten stiff. Turn into buttered baking-dish, and brown in a hot oven.

SCRAMBLED EGGS WITH TOMATOES

6 eggs	1 slice onion
$1\frac{3}{4}$ cups tomatoes (thick part of can)	$\frac{1}{2}$ tsp. salt
4 tbsp. butter	$\frac{1}{8}$ tsp. pepper

Cook onion in butter, remove onion and simmer tomatoes in butter 5 min. Add seasonings and eggs slightly beaten. Cook same as scrambled eggs. Serve on toast or toasted crackers.

This is good in a chafing-dish.

HOT CHEESE CUTLETS

$1\frac{1}{2}$ cups scalded milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ cup cold milk
$\frac{1}{4}$ cup cornstarch	3 tbsp. butter
$\frac{1}{4}$ tsp. paprika	2 egg yolks
$\frac{1}{4}$ tsp. mustard	2 tbsp. chopped mushrooms
	1 cup cheese

Scald milk in double boiler. Stir flour, corn-starch, paprika, mustard and salt in cold milk, then cook in hot milk, stirring till mixture thickens, 15 minutes. Beat butter to a cream. Beat in egg yolks, mushrooms chopped fine, and cheese cut in small cubes. Combine two mixtures and turn into buttered pan to make a sheet about $\frac{1}{2}$ inch thick. When cold stamp into cutlet shapes with a tin cutter. Roll in egg and bread crumbs, and fry in deep fat.

Serve with green salad.

BAKED EGGS AND NUT ROAST

Put a layer of left-over nut roast into individual buttered baking dishes, then break an egg into each dish. Sprinkle with salt and paprika, and bake in oven till eggs are set.

“*But is not flesh-eating natural?*” I hear it asked, ‘*Does not man in his primitive, savage state make use of flesh naturally? Do not wild animals devour one another?*’ Yes, but we are not savages, nor are we purely animals, and it is time for us to have outgrown this attendant-of-savage life-custom.

— *Ralph Waldo Trine.*

A FEW SANDWICHES

VEGETARIAN CLUB SANDWICHES

Trim crusts from slices of bread, and toast bread. On one slice put a crisp lettuce leaf, on top of that slices of tomato to fit the bread. On top of the tomato put small thin slices of nut roast, and Mayonnaise dressing over all. Press the other slice of toast on, and serve on hot dish.

VEGETABLE SANDWICHES

Cut the top from rolls which have been baked in gem tins, and are still hot. Remove soft part of rolls, leaving only the shell. Brush inside with butter. Mix finely diced cold boiled potatoes, peas, and finely cut pickled beets. Moisten with Mayonnaise dressing, and fill rolls with the mixture. Replace tops and serve.

CHEESE STRAWS

3 cups grated cheese
1 cup flour

$\frac{1}{2}$ cup butter

Mix together, add cold water to roll very thin. Cut in narrow strips 4 inches long and bake a light brown, in buttered shallow pan.

PIMENTO SANDWICHES

Drain and wipe a canned pimento dry, and mince it. Moisten it with Mayonnaise dressing, and put between slices of buttered bread.

PIMENTO BUTTER SANDWICHES

Cream $\frac{1}{4}$ cup of butter and mix with two pimentos which have been forced through a strainer. Add $\frac{1}{4}$ tsp. salt. Spread mixture between thin slices of bread.

CHEESE AND CHERRY SANDWICHES

Mash a cream cheese and mix with Maraschino cherries which have been finely chopped. Spread between thin buttered slices of bread.

STRAWBERRY SANDWICHES

Cut strawberries in thin slices, and put them between slices of buttered bread.

HINDU SANDWICHES

Hard boil eggs, mash the yolks and finely chop the whites. Moisten yolks with finely chopped Chutney until rich consistency to spread. Spread on thin slices of buttered bread, sprinkle with chopped whites, cover with thin slices of bread, trim crusts and cut crosswise.

SPANISH SANDWICHES

Mash a club cheese, (small sized jar), add four hard-boiled eggs which have been

mashed with a fork. Add chopped stuffed olives, (small bottle), moisten with Mayonnaise dressing, and season with paprika. Spread between thin slices of buttered bread, from which crusts have been removed.

“ You have just dined; and however scrupulously the slaughter-house is concealed in a graceful distance of miles, there is complicity.”

— Ralph Waldo Emerson.

SALADS

SUBSTITUTE SALMON SALAD

Grate two moderate sized carrots, and mix thoroughly with Mayonnaise dressing. Serve on a bed of lettuce cut in fine strips.

CARROT AND EGG SALAD

Add a hard-boiled egg cut in small pieces to grated carrot. Moisten with Mayonnaise dressing, and serve on a bed of finely cut lettuce.

POTATO AND STUFFED EGG SALAD

Cut cold boiled potatoes in small cubes. Sprinkle with salt and pepper. Add oil, 1 tbs. to each cup of potatoes. Mix thoroughly. Add $\frac{1}{2}$ the amount of vinegar, also a few drops of onion juice or finely cut chives. Arrange in a mould and garnish with hard-boiled eggs stuffed as follows:— Cut eggs in halves, crosswise. Remove yolks and mash with a fork. Mix with Mayonnaise dressing, adding a pinch of mustard if desired.

VEGETABLE SALAD

Mix one cup of cold cooked potato cubes and carrot cubes, one cup cold cooked peas,

one cup cold string beans, and $\frac{1}{2}$ cup cold cooked beets, cut in small pieces. Arrange on lettuce leaves, and serve with Mayonnaise dressing.

CHEESE AND NUT SALAD

Mash a Neufchatel cheese and moisten with milk or cream. Shape in small balls, and press two halves of a walnut into each ball, one half on each side, to resemble creamed walnuts. Serve on lettuce leaves, and pour over them French dressing.

MILLENNIUM SALAD

Cut three cold boiled potatoes into small cubes. Add three hard-boiled eggs cut in small pieces. To these add $\frac{1}{2}$ cup walnuts and 12 olives, all cut up fine.

Serve with or without lettuce and with Mayonnaise dressing.

POTATO, EGG AND PIMENTO SALAD

Cut three cold boiled potatoes in small cubes. Add two hard-boiled eggs cut in pieces. Add two tablespoons finely chopped pimentos. Serve on lettuce with Mayonnaise dressing.

ASPARAGUS SALAD

Arrange asparagus tips on a mound of lettuce leaves, or on shredded lettuce. Garnish with strips of pimento, and serve with Mayonnaise dressing. Stuffed eggs may be used as a garnish around the asparagus.

MIXED SALAD I

Cut two tomatoes in moderate sized pieces, add 2 hard-boiled eggs cut in pieces, and 1 cup asparagus tips, or fresh asparagus cut in pieces. Serve on a bed of lettuce with French dressing.

MIXED SALAD II

Prepare eggs and tomatoes as in preceding recipe, and add one cup cold cooked peas.

Serve on bed of lettuce with French dressing.

TOMATO SALAD

Arrange slices of tomato on crisp lettuce leaves. Serve with Mayonnaise dressing mixed with chopped hard-boiled eggs.

STUFFED TOMATO SALAD

Remove the skins from good-sized tomatoes. Cut out the insides, and refill with a mixture of pineapple, apple and celery, well moistened with Mayonnaise dressing.

Serve on crisp leaves of lettuce.

CHERRY AND NUT SALAD

Remove stones from canned cherries, and put small piece of pecan nut in their places. Or nuts can be sprinkled over cherries, if preferred.

Serve on lettuce leaves with Mayonnaise dressing.

FRUIT SALAD

Mix oranges, bananas, and white grapes. Serve on lettuce leaves, with Mayonnaise dressing, to which has been added whipped cream.

LIMA BEAN SALAD

1 qt. Lima beans	$\frac{3}{4}$ cup oil
1 onion (scraped)	$\frac{1}{4}$ cup vinegar
1 tsp. salt	$\frac{1}{2}$ tsp. paprika
1 tsp. parsley	

Mix onion, salt and parsley with Lima beans. Make a dressing out of oil, vinegar, and paprika, and pour over beans.

Serve on lettuce leaves.

BUTTERFLY SALAD

On each plate put a large, crisp leaf of lettuce. On each leaf put a large slice of canned pineapple, from which two V-shaped pieces have been cut on opposite sides of the slice. On the part of the slice between the cut-out pieces put cream cheese, which has been moulded to imitate the butterfly's body. On the cheese put alternate strips of pimento and chives, to represent stripes. Eyes can be made of small bits of chocolate, or small pieces of dried currants, and pieces of chives can be used for antennæ.

Put two small curved pieces of pimento on each wing, to represent spots. Serve with Mayonnaise dressing.

“And now to my individual reader this last appeal. Who creates this demand that brings to the shambles every year to die at man’s hand the more than a hundred millions of cattle, sheep and swine that are annually sacrificed for food? Every man, woman and child who eats the meat their carcasses supply. After the last word is said about the callous drover, the ranchman and the railroad, the butcher whose hands must drip with blood, the packer who grows rich out of his traffic, we come face to face with ourselves. But for us there would be no demand and no supply.”

*— Dr. Francis H. Rowley.
President Massachusetts Society
for Prevention of Cruelty to Animals.*

A FEW DESSERTS

MOCK MINCE-MEAT I

8 cups chopped apples	juice 1 lemon
$\frac{1}{2}$ box grape nuts	juice 1 orange
$\frac{1}{2}$ cup vinegar	$\frac{1}{2}$ tsp. mace
$\frac{1}{2}$ cup molasses	$\frac{1}{2}$ tsp. cinnamon
1 cup sugar	$\frac{1}{2}$ tsp. clove
$\frac{1}{4}$ cup citron, finely chopped	$\frac{1}{2}$ tsp. allspice
1 cup raisins	$\frac{1}{2}$ nutmeg, grated
1 cup Sultana raisins	$\frac{1}{2}$ cup brandy

Mix ingredients in order given, except brandy. Let simmer 3 hours or more, add brandy and shavings from lemon and orange.

MOCK MINCE-MEAT II

3 pints chopped apples	1 tsp. clove
3 pints chopped green tomatoes	$\frac{3}{4}$ tsp. allspice
4 cups brown sugar	$\frac{3}{4}$ tsp. mace
$1\frac{1}{3}$ cups vinegar	$\frac{3}{4}$ tsp. pepper
3 cups raisins	2 tsp. salt
3 tsp. cinnamon	$\frac{3}{4}$ cup butter

Mix apples and tomatoes and drain. Add remaining ingredients, except butter, simmer 3 hours, then add butter. Turn into glass jars.

MOCK MINCE-MEAT III

3 large apples	4 cups brown sugar
3 lemons, juice and rinds	1 tbsp. candied lemon peel
1 cup currants	1 tbsp. candied orange peel
2 cups raisins	
1 cup butter or cocoa-nut butter	1 tbsp. citron
a little salt	2 tbsp. orange marmalade
	$\frac{1}{2}$ cup good brandy

Bake the apples and press them through a sieve to remove skins and cores; add grated rinds and juice of lemons; wash, pick over, and bruise in a mortar the currants, add to first mixture; add raisins cut in small pieces. Mix these well, chop into them the butter, add salt, sugar, and lemon or orange peel, citron, and marmalade, all cut in small pieces, and brandy last. Put in sealed glass jars, cover with waxed paper, before closing jars, and keep for two weeks before using.

ROSE FRUIT PLUM-PUDDING

2 eggs	$\frac{1}{4}$ cup citron
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup molasses	$\frac{1}{4}$ tsp. cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ tsp. allspice
$\frac{1}{2}$ cup cold water	2 cups flour
$\frac{1}{2}$ cup figs	

Cream butter, add sugar gradually and eggs well beaten, then molasses. Mix, and sift dry ingredients, leaving a little flour to mix with raisins. Soda should be dissolved in a little water. Add liquids and flour alter-

nately. Cut up figs and citron and add. Turn into buttered molds and steam 3 hours. Brandy, $\frac{1}{4}$ cup, may be added to pudding, if desired.

*“ Back of the Loaf is the snowy Flour,
And back of the Flour is the Mill,
And back of the mill is the field and the
shower,
And the Sun and the Father’s will.”*

“ I ask you to ask yourselves in all love and candor, as you prepare for, or as you eat your Christmas feast, if back of all the procuring which has made it possible, can be found, “ the Father’s Will,” — the will of God, who is Mercy, Purity, Justice, Kindness, Divine Love, — and who gave the plain command in the Bible most of you claim as your guide : —

“ And behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed. To You It Shall Be For Meat;” and who made one of the Ten Commandments He gave for Man’s Moral guidance read : —

“ Thou Shalt Not Kill ”

— Extract from a Christmas address
by Maude R. L. Sharp.

CHRISTMAS DINNER

Vegex Consommé with Whipped Cream
Browned Crackers

Substitute Turkey Cranberry Sauce
Mashed White Potato
Baked Sweet Potato
Turnips, Boiled
Creamed Asparagus

Mince Pie Cheese
Maple Mousse Sponge Cake
Coffee Candy

THANKSGIVING DINNER

Vegex and Tomato Bouillon
with Whipped Cream
Croutons

Vegetarian Loaf Cranberry Sauce
Mashed Potatoes
Roast Sweet Potatoes
Squash
Creamed Cauliflower
Celery Ripe Olives

Apple, Nut and Celery Salad

Mince Pie Plum Pudding
Ginger Ice Cream
Crackers and Cheese Coffee

FOURTH OF JULY DINNER

Tomato Soup Browned Crackers

Substitute Fish Sauce Hollandaise
Mashed Potatoes Green Peas

Cucumber and Lettuce Salad
French Dressing

Strawberry Shortcake with Whipped Cream
Coffee

COMPANY DINNER

Vegex Consommé
With Barley and Whipped Cream

Croutons

Radishes Ripe Olives

Lima Bean Roast with Brown Gravy
Delmonico Potatoes Peas

Salad of Tomatoes stuffed with Eggs
Mayonnaise Dressing

Chocolate Ice Cream with Whipped Cream
Coffee Cake and Wafers

COMPANY DINNER

Grape Fruit Cup

Lentil Pie

French Fried Potatoes

Creamed Brussels Sprouts
Jelly

Butterfly Salad

Bread and Butter Sandwiches
Mayonnaise Dressing

Orange Shortcake

Whipped Cream
Coffee

MÉNUS

DINNERS

Vegex Consommé with Whipped Cream

Egg Cutlets Tomato Sauce
Mashed Potatoes Green or Canned Peas

Chocolate Cream with Whipped Cream
Coffee

* * * *

Tomato Bisque Soup

Pea Roast, Brown Sauce
Roasted Potatoes
Creamed Cauliflower

Fruit Salad
Cake Coffee

* * * *

Pea and Tomato Soup

Rice, Eggs and Mushrooms
Baked Potatoes
Stewed Corn

Squash Pie Coffee

Cream of Corn Soup

Creamed Asparagus in Patty Cases
 Potato Croquettes Lima Beans

Chocolate Rice Pudding
 Coffee

* * * *

Cream of Spinach Soup

Nut Croquettes I and Cream Sauce
 Squash Fried Egg Plant

Tomato and Cucumber Salad

Brown Betty Pudding
 Coffee

* * * *

Cream of Celery Soup

Pine Nut Steaks Brown Sauce
 Griddled Sweet Potatoes Baked Corn

White Corn-Starch with Peaches

Potato Soup

Curry of Kidney Beans with Tomato
 Baked Sweet Potatoes
 Fried Summer Squash

Lemon Pie

* * * *

Cream of Green Pea Soup

Cabbage Pie
 Scalloped Potatoes
 Baked Stuffed Tomatoes

Bread Pudding

Foamy Sauce

* * * *

Vegex Consommé with Rice and Peas

Lentil Roast Brown Mushroom Sauce
 Spiced Crabapple Jelly
 Roast Potatoes

Raw Grated Carrot Salad

Washington Pie

Asparagus Soup

Creamed Egg and Tomato Baked
Substitute Fish Cakes

Lima Bean Salad

Toasted Crackers

Cheese

Coffee

* * * *

Cantaloupe (Iced)

(summer)

Stewed Fresh Mushrooms

Border of Wild Rice

Rolls

Tomato and Egg Salad

Ripe Olives

Frozen Strawberries and Whipped Cream
Cake and Coffee

* * * *

Cantaloupe (Iced)

(summer)

Rice and Tomato Croquettes

New Potatoes

Green Peas with Mint

Peach Ice Cream

Wafers and Coffee

Potato Soup

Cheese Fondue

New Asparagus

Hollandaise Sauce

Sliced Peaches

Cake and Wafers

* * * *

Cream of Carrot Soup

Stuffed Peppers on Toast

Brown Sauce

Cheese Potatoes

Vegetable Salad

Mayonnaise Dressing

Caramel Custard

“ *I am a Vegetarian not because I want to be healthy and because it is better brain food, but because I want to be human, or if you care to express it a little differently, because I want to be humane.*”

—*Benj. Fay Mills.*

LUNCHEON MENUS

OR SUPPER

Substitute Fish Cakes
Lettuce Sandwiches
Cocoa

Scrambled Eggs

Corn Cake

Apple Sauce

Cold Nut Roast with Relish (p. 16)
Green Salad

Hashed Brown Potatoes

Baked Bananas

Tea

Vegetarian Club Sandwich
Griddled Sweet Potatoes
Tea

Corn Chowder
Whole Wheat Popovers
Strawberries

(For a Hot Day)

Green Pea Salad
Bread and Butter Sandwiches
Fresh Raspberries
Iced Tea

Corn Oysters
Sliced Tomatoes
Pimento Butter Sandwiches

Peanut Butter Sandwiches
German Toast with Maple Syrup

Lentil Soup White Corncake
 Sliced Oranges

Hot Boiled Wild Rice with Brown Gravy
 Gingerbread

 String Bean Salad
 Brown Bread and Cream Cheese Sandwiches
 Cocoa

 Mock Bisque Soup
 Fried Hominy with Maple Syrup

Potato Chowder Rye Gems
 Sliced Peaches

Cheese Souffle Cucumber Sandwiches
 Preserved Cherries Cookies

NOTE—All profits derived from the sale of this book are to be devoted to the interests of Humanitarianism—the author assuming all risks.

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